大家好我是全人書院 三年生的 江富生，這一期要來發表我們這一組的專題中草藥工作坊，並會以雙聲道撥出。

Whaz up fam, its your man James speaking, and today I’m going to talk about our annual project- Chinese Herbal Workshop, and this will be presented bilingually.

就讓我們直接進入主題吧，

首先，一切一切的開始，動機與發想。

Lets dive right into the topic.

First of all, it all starts with the motivation and inspiration which leads us to this path.

我的動機是因為從小接觸中醫，所以就對中草藥有極大的興趣，所以想藉由這次的工作坊讓更多人知道相關知識。

我的發誓來自於最近的中西醫綜合醫療越來越盛行，所以想藉由這次機會讓大家了解基本原理，同時提供DIY的娛樂項目。

My motive to hold this workshop is credited to my childhood, which was much taken up by Chinese Medicine, and thus I hope that I can take on this opportunity to open an associated workshop, to share the related knowledge.

My inspiration comes from the current of blending Western and Chinese Medicine from the past decades. I hope our workshop may let more people acknowledge the basic concepts of the topic.

有了動機，接下來就是整體的構思與計畫啦。

Next, it’s the part where we do the brainstorming and planning.

在構思期間，我們彙整了各種資料與資源，也做了關於工作訪可行度的心智圖，有了很大的幫助，例如：在去得中藥的分支中，原本要去比較熟悉的中藥訪抓藥，但在集思廣益之後，發現迪化街的中藥行也各個歷史悠久，價格因競爭而較為實惠，只要不是太名貴的中藥材，絕對堪用。

At the brainstorming phase, we gathered all kinds of related info and resources. In addition, we even also did a mind-map, and it helped a lot. For example, at the “acquiring the herbs” branch, we were going to get our hands on the desired herbs at a familiar shop, but after great consideration, we finally found out that buying at 迪化街 can also have nearly the same quality with a huge discount. Thus, this saved us a couple breakfasts.

在計劃期間，我們先列出了重要事項，包括：採買中藥、中草藥研讀、備課和最終工作坊時間。我們還把工作都拆解到最細，以便來日的有效進行。之後我們也將時程定了下來，產出了企劃書。這邊我們靈光一閃，發現單就工作坊講課、實做的話，有些單調，就講說增加飲料這個項目讓大家在學習之虞，還能品嘗中草藥飲品。

At the planning phase, our priority is to list every single event down, including doing targeting research, purchasing herbs, prepping for the workshop, and the final workshop etc.

We tried to be specific and marked down every single detail, in order to make our execution more efficient. After making the list of events, we then discussed and marked the expected due time of every event. In the progress, we figured out that the monotonous lecture part of the workshop should be spiced up, and a fine Chinese herbal tea can do the job.

現在距離工作坊更靠近一步了，來到了事前的準備與彩排。

It’s now closer to the Chinese Herbal Workshop. Coming Up next is the preparation and rehearsal.

準備的部分，我們先去收集資料，包括(國家指定中醫考試書籍、中醫師網路摘要、最常見的配方等)，接著去迪化街買中藥材(還先需擬定香包的最終配方)。我們當下看到烏梅汁便也買下來當作工作坊飲品。

For the preparation, we first went to study thorough information about Chinese herb and medicine, including the national examination textbook for Chinese Medicine.

Then, we went to buy the Chinese Herbs at迪化街. We had to first check on the most common formula, too. At the shop, we also encountered a common herbal drink, and decided to make it our drink for the workshop.

再來是試做香包(將買回來的中草藥先行試做幾個)，這邊就是那個時候的成品。之後，還有開始前的宣傳(文案、表單、發文等)。

Next, we tried to make the sachets beforehand, to assure that everything fits together. Last but not the least, we did some promotions of our workshop.

接下來這一個章節是當天工作訪中PPT的實際內容，並請擷取自我負責的部分-烏梅汁和香包中藥的講解。

The following section is the actual content of the powerpoint we used during the workshop, and it’s quoted from the part which I was responsible of:

The ingredients of the dark Plum Juice and the sachets.

首先，在他們了解過中醫基本理論後，我們端上了果汁，並讓他們了解自己在喝的飲品。

First, after lecturing basic Chinese Medicine Theory, Dark Plum Juice was served, and we started to introduce the drink.

洛神花，這是大多人都很熟悉的植物，被添加在很多飲品，也被許多人認為是中藥，但其實他仍未被列在國定的中藥典籍裡，需要經過更多的研究才能確立。

Roselle, a common plant for the locals, is popular as an additive to drinks. Many believe that it is a kind of Chinese Medicine, yet it can’t be found in the National examination reference book for now, and has to undergo more tests to claim its place.

仙楂 是常見的中藥材，因為其性味甘酸又微溫補，很長被作為零嘴或是中藥湯飲的調味劑。

Hawthorn Fruit is a common Chinese Medicine. Because of its sweetness and sourness,

it is often be made into treats or added into Chinese herbal soup and drinks as a seasoning

烏梅是這款飲品的主要材料，是將一般梅子煙燻過後的產物，可以解口中乾澀等，也因為味道偏酸，常拿來做為飲品。

Dark plum is the main ingredient of the drink , it is also called smoked plum because of the way to produce it.

It can be used to appease one’s itching thirst in the mouth, and again, owing to its sourness, it is commonly been made into drinks.

現在到了做香包的時間，

Now, its time to make sachets.

這些是防蚊香包的材料，由於太多，所以會大略帶過。

These are the components of the mosquito-proof sachets. We will just briefly browse through some of it.

丁香有一定的驅蚊效益，主要是用來讓人聞的時候感到比較舒適。

Clove has an effect on mosquito-proofing, but its main purpose is to ease people’s senses when smelled at a close range

艾草 作為驅蚊藥物主要的一員

Argy Wormwood Leaf acts as one of the main anti-mosquito herb.

薄荷是常見的植物，很多都不知道它其實也是一種中藥材，除了有不錯的味道，還可以帶給人清涼的感覺。

The peppermint Herb is another common plant, but rarely anyone knows that it is also a Chinese Medicine.

It not only has a decent smell, but also brings a cool summer breeze vibe to people around

金銀花是我們介紹的最後中藥材，它因金銀的顏色和修長的外型頗受好評，價格也是其他藥材的岸置三倍，它在這的主要功能是調和味道和去熱氣。

Honeysuckle Flower Bud was the last Chinese Medicine we talked about. It’s popular for its luxurious color and appealing appearance.

Its price is way higher than other herbs. Its usage here is to neutrualize the tone of smell and gid rid of the heat near by.

現在讓我們看一下當天的情況吧！

Now let’s a peek at what happened on that day!

由這些圖可見我們仔細訴說理論、藥材等等知識，也提供了烏梅汁，還讓大家餐與香包實作。大部分流程跟預期的效果一樣，大家都很開心。

From these pictures, you can see that we thoroughly lectured the theories and info of Chinese herbs, we also provided the Herbal drink and let every participated in the DIY of anti=mosquito sachet. Mostly everything went as expected, and everyone was happy.

最後，在一切都結束後，就是檢討與學習。

Finally, everything comes to an end, and now is the time to learn from experience.

這裡是我們蒐集的回饋表單，上面的反應都還不錯，只差在時間上有一些小瑕疵。

Here are all the feedbacks we got that day, and everything looks promising. The only flaw may be the time was slacked off a bit.

有了這次工作坊的歷練，我發現我們需要改進的點有兩個：一是時間管理，即使之前re過說時間差不多一個小時，也要往後在推半個小時，尤其是還有動手做的部分的後。

二呢，就是行銷不夠到位。需要嘗試更多的方式去推廣這個工作坊，來讓大家踴躍參加。

After going through the whole progress of hold the Chinese Herbal workshop, I found out that there were two solid issue that we should had solved.

The first is time management. Although we rehearsed beforehand and made sure that it’s about an hour, we should add another half, considering that we have a DIY section.

The second is advertising. Our marketing appears to be a little inefficient. We should have tried more ways to let more people know about the event.

到這就結束囉，謝謝大家的聆聽

And that’s all for my presentation, thanx sooo much for listening.